



PPD ES&H Newsletter

June 2010

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June is National Safety Month & Home Safety Month

Each year the [National Safety Council](#) promotes June as National Safety Month, an initiative that focuses on heightening awareness of important safety issues. NSC asks employers to help prevent workplace injuries, and asks individuals to protect their loved ones from injury all year but uses the month to especially focus the message.

Also, each year the Home Safety Council marks June as Home Safety Month, promoting off-the-job safety. This year's campaign theme for the month—Hands-on Home Safety—asks the public to take some simple steps to create a safer home environment from the five leading causes of home injury: falls, poisoning, fires and burns, choking/suffocation, and drowning. Visit the Home Safety Council [website](#) for information.

PPD ES&H promotes safety annually with our open house seminars held at the Training Center and through our monthly newsletter. Help us by passing along the message to others, and if you have an idea for a newsletter topic, please submit it via an email to [Angela Sands](#).

Check out the 2010 NSC National Safety Month—Weekly Safety Themes:

Week 1 (June 1-6): [Prescription Drug Overdose Prevention](#)

Week 2 (June 7-13): [Teen Driving Safety](#)

Week 3 (June 14-20): [Preventing Overexertion at Work and Home](#)

Week 4 (June 21-27): [Dangers of Cell Phone Use While Driving](#)

Week 5 (June 28-30): [Summer Safety](#)

Employee Assistance Program

Please be reminded of the Employee Assistance Program available to Fermilab employees and their dependents.

This free program can provide support with personal issues, such as:

- * Emotional well-being—depression, grief, stress, anxiety
- * Addictions—alcohol and drug abuse, gambling, smoking
- * Eating disorders
- * Elder/child care
- * Adoption
- * School/college
- * Financial planning and debt-management
- * Legal consultation
- * Etc.

Fermilab has an [on-site counselor](#) ([Ginny Stack](#), x3591) who is available Wednesdays and Fridays, should you want to speak with someone directly.

You can also access the EAP online or via telephone: Access the Fermilab online account by visiting Horizon's [My Life Values](#) page. Log on using the user name *fermilab* and the password *eap*. Or you may speak with someone by calling **800-843-1327**; they are available 24 hours a day, 7 days a week.

Horizon Health provides answers for their most [Frequently Asked Questions](#). Please review this page to see if this assistance program is right for you. As stated in the FAQ, all assistance you receive will be confidential. Fermilab will not know who has participated in the program, unless you were referred by a manager and your progress must be tracked.

Workplace Office Health Risks

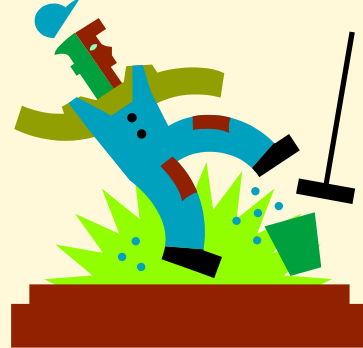


Contrary to popular belief, working in an office environment can be hazardous to your health. Sitting at a desk all day can cause back pain, eye strain and sleep problems. Please read this [article](#) posted by Yahoo! Finance that explains the six most common office health risks: Carpal Tunnel Syndrome, Lower-Back Pain, Other Joint Problems, Eyestrain, Bacteria and Stress.

If you are having issues with your workstation, please contact [Rob Bushek](#) to schedule a workstation evaluation. If you are suffering from pain or have sustained an injury, contact the medical office at x3232.

Lessons Learned

Trip and Fall—A recent incident involving stepping over a small cart resulted in a recordable injury. Many factors contributed to the incident including long hours, minimal breaks, possible lack of nutrition, and a cart in an aisle way. The individual stepped over the small cart two times before catching a Tyvek bootie on the cart and falling. Stop slips, trips, and falls now! Keep aisle ways clear at all times.



Hand Injury—Recently there was a separate incident where an individual used the wrong tool for the job which resulted in 8 sutures. The individual was cutting heavy duty cable ties (zip-ties) with scissors. The scissors were used previously to cut thinner cable ties. This tool became the norm of cutting cable ties. In the case with the thicker cable tie, the individual was not able to generate enough cutting force to cut through the tie. The individual then grabbed the blades with the other hand and squeezed. The scissors slipped, resulting in a laceration requiring 8 sutures. The correct tool would have been cable tie snips. Be sure to cut the tie close to the locking mechanism to prevent sharp edges from protruding. Another incident involved an individual contacting a poorly cut cable tie, resulting in a laceration. When using the right tool for the job, the job can be done quicker and safer.

Setting Your Car Mirrors Properly

To watch an excellent video covering how to properly set up your car mirrors, click [here](#).

Thank you to Dervin Allen for submitting this video.



Correction—

Last month's newsletter included an article about Soldering Safety, and had stated that eye protection was recommended. Eye protection while soldering is, in fact, required per [FESHM 5101](#).

PPD May Injuries

No injuries to report!



Challenge

Winner of the ES&H Coffee Mug:



Crae Tate

Question: Who should you contact to collect your soldering waste?

Answer: PPD ES&H

May Winners!!

Winner of the Harley Davidson Safety Glasses:



Rick Reinert

Winning Caption:
Tim the Tool-man says, “Arh! Arh! Arh! Got-R-Done!”



Caption contest runners-up:

- * A cut above the rest!
- * This isn't as much fun as my lawn chair and helium balloon rig.
- * I'm giving crew cuts next! Do you want one!?
- * You know, ladders are a serious safety hazard!
- * It was on my “Honey Do” List!
- * It's more productive than Pumpkin Chunkin!
- * It's more productive than Lawn Mower Racing!
- * Sears Craftsman! Heaven on Wheels!
- * I'll make “Guinness Book” somehow!
- * This is the last time I let my roof goats go on vacation.
- * If there's a bustle in your hedgerow, don't be alarmed now; it's just a spring clean for the May queen.
- * Can I borrow your Huey!?
- * Hedging on a bet!
- * Honey, my health insurance is paid up, isn't it!

May Contest #1—Captions

For a chance to win either a pair of NASCAR Safety Glasses or Women's Style Safety Glasses:

Provide a *humorous* caption for the following picture:



June Contest #2

Provide a response to the following query, and you could win a PPD ES&H coffee mug:

What tool should be used to cut cable ties (a.k.a. zip ties)?

Please submit your responses/answers to [Angela Sands](#) by June 25th.
(If there are multiple correct answers/entries, a drawing is held.)

Did you find this newsletter helpful? Does it have the kind of information you are looking for? Your feedback is important. Please continue to use the [electronic safety concern database](#), the suggestion boxes in your area, or send comments to Angela Sands, [asands@fnai.gov](#)